Thanks to you:

- Dad cheats “widow-maker” | pg. 3
- ER improvements on the horizon | pg. 6
- Special kid goes to college | pg. 9
- Like you, donor gives back | pg. 11
Ready for some Hawaiian sun? Then don’t get left out in the cold!
Thanks to presenting sponsor Lujack Motorwerks, two people from the winning foursome in the morning flight at this year’s Trinity Golf Classic will advance to the 2013 Mercedes-Benz sectional tournament in Hawaii. We’ll also offer lots of fun in the Quad-City sun during the afternoon flight presented by McLaughlin Motors. Golfers still may sign up for whichever flight works best with their schedule.

Don’t wait! To sponsor or participate, call (309) 764-7082. Party: Thursday, Sept. 5 – The Outing Club. Tourney: Friday, Sept. 6 – TPC at Deere Run.

It was sunny and hot, the kind of Midwest August day when crickets chirp, bees hum, and nothing moves fast.
Tim Marriott was taking it easy. The 43-year-old Geneseo man had just returned from a trip to Florida and was still in vacation mode.
He left the kids – then 11, 14 and 16 – in the house with his wife, Julie, to putz around in the garage. As soon as he picked up the broom, though, he felt nauseated.
Tim put the broom down and broke into a sweat. His head spun.

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"I will never forget the first time I went for a walk again with my youngest daughter, Kelsey. She was 11. We held hands... I can’t tell you how grateful I am for this miracle."

-TIM MARRIOTT

Tim Marriott, a 43-year-old male, was transported to the hospital in minutes after experiencing a heart attack. Nurses would need supplies during the procedure, so Jen watched her team work from the hall and parked it outside the lab. Nurses would step out of the room to grab the needed supplies during the procedure. Jen called Hammond-Henry Hospital for a full patient report.

"They told me a 43-year-old male, Timothy Marriott, had presented with fatigue and nausea and vomiting. He had a cardiac arrest within five minutes of arrival. They shocked him twice and intubated him.

"I thought, That’s weird. My cousin’s name is Tim Marriott. Then time stopped. I asked, ‘What did you say his name was?’ They repeated it and said he would be airlifted in five minutes. Then my cell phone started ringing. Relatives were starting to call.

"I’ve worked in ICU and the cath lab. Usually things don’t bother me. But I got an ache in my stomach. I thought, No way can I work on him."

"Trinity’s cath lab team stood by. The helicopter landed as Tim’s family waited nearby. ‘Julie and I were both crying,’ Jen says. ‘Tim had three or four IVs. He was intubated. Unconscious. I was totally caught off guard. Dr. Boydla Reddy put his arm around me and said, ‘We’ll take good care of him.’”

"Jen watched her team work from the hallway, studying monitors and images. The left anterior descending artery was 100 percent blocked. She reported back to her family, now crowded into a corner of the Emergency Department waiting room. ‘I have always kept my patients’ families in mind during procedures, but this was the first time I was in that position,’ Jen says. ‘There was no place to wait privately as a family. That was hard.

"I kept going back and forth between the lab and the waiting room. I told them what I knew and rushed back to find out more. It seemed to take forever, although it was only a few minutes. When Dr. Reddy opened the artery, and Tim had blood flow, I felt like cheering.”

Help provide critical space for award-winning cath lab team

Trinity is recognized nationally for its pre-eminence in heart care. This includes a recent rating by HealthGrades as one of America’s “100 Best Hospitals for Cardiac Care and Coronary Intervention.” Trinity was also rated a “2012 Consumer Choice Best Hospital for Overall Quality, Best Doctors, and Best Nurses” by the National Research Corporation.

Those ratings are high in spite of serious challenges:

Space constraints result in scheduled procedures being delayed to accommodate emergencies. Pre-scheduled outpatient services have the laboratories already running at 80-90 percent capacity on any given day.

In order to accommodate emergency cases like heart attacks, sometimes scheduled cases must wait. Our three current catheterization laboratories are challenged to carry the load, and projected volumes will only make it more difficult in the future.

Current lab rooms weren’t built for today’s equipment.

Your gift matters

Jen echoes Tim’s gratitude, and adds her own perspective as a staff member.

“Larger labs would provide staff with the space they need to do their jobs more efficiently,” she says. “Supplies and medications will be stored in the individual labs within arm’s reach. Blanket warmers will help comfort patients. And a dedicated nurses’ station will allow staff to see all monitors simultaneously.”

Just as important, Jen notes, are the private consultation rooms that will enhance family comfort during tough times. “I speak from experience,” she says. “They will be very, very welcoming.”

"From all of us here in the Trinity cath lab to the donors who are making the new Heart Center happen, thank you for your amazing generosity. In a sense, you are right here with us, working to save lives and help families. We couldn’t do it without you.”

-JEN CARROLL, RN

Current labs offer insufficient – and insufficiently private – family waiting space.

Consultations are done wherever space can be found, whether in a corner or along a wall. This can sometimes make it challenging to communicate information that can be complicated and difficult to understand.

Your gift toward a dedicated Heart Center will help meet these challenges!
The emergency department is quiet this morning but for some low voices, rustling papers and beeping monitors. A short, white-haired man in a blue sweat suit paces in a loop around the nurses’ station, head down. He is a behavioral health patient awaiting assessment. In a little while, he will be escorted down a public hall, up a public elevator, through the main lobby and along another long public corridor to the Robert Young Center for treatment.

Most of the 15–20 behavioral health patients who arrive at Trinity Rock Island’s ED every day are quiet, like this gentleman. Many are depressed and lonely. Some are suicidal. They often come from out of town, looking for help in the only inpatient unit in the region.

Over the past few years, most of Illinois’ state mental health institutions have lost funding or closed, leaving many patients to fend for themselves. Although Trinity welcomes them with open arms, the current ED is already stretched to capacity with medical patients. And access to the Robert Young Center can only be gained via a public corridor.

Building a safer and more private emergency department

HOW YOUR GIFT will improve emergency care

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Building a safer and more private emergency department
Where behavioral health patients go

“We triage patients the minute they arrive,” says Trinity Emergency Department Manager John Carslake, RN.

He is taking time out of his busy morning to show what the current facility can – and can’t – do. “We have a list of questions for anyone who seems agitated or overly emotional. If they answer yes to the right questions – like whether they want to harm themselves or others – we try to take them to a room where we can observe them if one is available. Otherwise, they wait out here.”

John leads the way into patient treatment areas. Chairs, gurneys, patient monitors and IV poles compete for space. Down the hall on the right is a ‘safe room,’ so-called for its purpose of keeping staff, other patients and behavioral patients themselves safe while in the ED.

Touring a “safe room”

“Some behavioral health patients are agitated when they arrive,” John says. “This room can be locked from the outside till they calm down. We can monitor them via camera.”

The camera is encased in heavy plastic. The electrical outlets are covered and locked. The cabinets, too, are locked and have no handles. In fact, everything in the room is flat, covered and secured, including the TV. These modifications help keep patients safe from themselves.

What happens when they have more than one unstable patient at a time?

“We do have another safe room over there,” John points to an area outside the ED. “It’s a converted office. We use it if we have to.”

But neither safe room is dedicated solely to behavioral patients. With 100 patients per day vying for 16 beds, the staff must sometimes use every spot possible – even the hallways – for treatment areas. So when the safe rooms are filled with medical patients, agitated behavioral health patients must remain in the waiting room with a guard keeping watch.

On to Robert Young Center

“Afer we make sure a patient is physically well, we escort him or her up to the Robert Young Center for assessment,” John says. “Patients literally must be escorted from one end of the hospital to the other, through the main lobby and past the cafeteria. While these patients aren’t readily identifiable as behavioral health patients, it may

feel uncomfortable to walk through these public areas to get help with a very private, sensitive issue.

“The improvements that will be made possible by Trinity donors simply can’t come soon enough. Thank you!”

Thanks to you: more privacy and dignity for loved ones

John pulls a schematic drawing from a folder to illustrate the coming changes.

“Six safe rooms will be built in the new Crisis Stabilization Unit right off the ED,” he says, pointing at the sheet. “They will surround a warm and quiet living space where patients, once they’ve calmed down, can relax. “We also will have a private route directly to the Robert Young Center. We all deserve privacy and dignity. Thanks to Trinity donors, our behavioral health patients will have more of both.”

Although the patients who act out are most memorable, John says the majority of behavioral health patients are quiet and calm.

“The improvements that will be made possible by Trinity donors simply can’t come soon enough. Thank you!”

—JOHN CARSLAKE, RN

"Some of our patients have dementia," he says. "Some are homeless and need a bath and a hot meal. We have elderly patients who have lost their spouse and feel they can’t go on. We look at them as if they are our own family members experiencing a tough time. Our staff goes above and beyond trying to help them. We really care about them.

“Our Trinity donors help us provide the dignity and privacy we’d want for our own loved ones. I just want to say, thank you, from the bottom of my heart!”

Young cancer survivor says ‘thank you’ by volunteering his time

It was the fall of 2006 and Alex Luedtke, left, was in 7th grade. It was going to be a great year. He would play baseball, football and basketball. He would get great grades. And he would hang out with his friends.

But Alex, who is from DeWitt, Iowa, was starting to get sick.

Stomach aches and nausea – occasional issues earlier in the fall for which he had been evaluated and found healthy – were becoming constant.

Then, while playing catch with his stepdad, Alex saw two balls hurtling at him. Imaging tests revealed a tumor the size of a grape on his brain stem.

The doctors scheduled surgery for the next day.

Saga begins

“I’ll never forget praying before Alex went into surgery,” Alex’s mom, Paula Steffens, says. “We were all holding hands. He was smiling, and I was so scared.”

The surgery went well, but it was just the beginning of a saga that took the rest of his 7th grade year and much of the next.

Radiation made him constantly sick. Chemotherapy left him with blood counts so low he required transfusions. An infection left him hospitalized for nearly two weeks.

Special kid makes it to college

Thanks in part to Trinity donor’s generosity and vision
A father’s quiet impact lives on

My dad was one of six children, so there wasn’t extra money available to fund his education. But he persevered, and through hard work and dedication became the first in his family to attend college. He received his degree in Architecture and ended up being the managing partner in one of Nebraska’s leading architectural firms.

Lynn Vermeer was a humble man who quietly impacted many people. So, when my dad unexpectedly passed away, my wife and I wanted to do something not only to honor my dad with a cause that was important to him, but to find a way to continue his quiet legacy of making a positive impact on people’s lives.

Providing college scholarship money seems to be the perfect way for us to do this. We established the Lynn Vermeer Scholarship as a way to honor the quiet impact of my dad, but it has turned into much more than that for my wife, our children and me. We have been rewarded at a level that is truly difficult to articulate.

To anyone who has even for a moment thought about doing something like this – do it! You can start out small and build upon it. The impact of your philanthropic gift will be much further-reaching than you will ever envision. It will live on.

To contribute to one of our existing scholarships – or to establish your own – please contact Marika Jones at (309) 764-7610.

The whole time, Alex remained on the honor roll. “Alex is such a special kid,” Paula says. “He tried to go to school, but lots of times he’d end up in the nurse’s office. He was so sick. But he was determined to keep up, and he did.”

A new Alex

Like many who struggle with profound health challenges, Alex emerged from the experience changed. As he watched his sports dreams fade, he became more determined to excel at school. He became more empathetic, more devoted to those in need. He wrote in his letter of application for the Lynn Vermeer Youth Development Scholarship:

“After I recovered from surgery, I had 31 days of radiation and nine rounds of chemo. All that occurred over a 16-month period and really took a toll on my body. I missed a lot of my 7th grade year, but through hard work and a tutor I was able to keep my grades up and stay on the honor roll.

“I like to volunteer, so I can give back after so many people reached out to me when I needed help. I want to use my life’s experiences to make a difference in the lives of others.”

And he is. From volunteering at church to raising money for a children’s cancer camp. Alex is making a difference.

Why Rosemary Woodward put Trinity College in her will

Sitting across the dining table from Rosemary Woodward, Rock Island, is like sitting across from your best friend – even if you’ve only just met her. Her blue eyes shine as she leans close to listen. Her smile is broad and quick. Her laugh makes you laugh, too.

For all Rosemary’s fun and warmth, she is from the generation – like her parents – who still believe in courtesy, dignity and decorum. So it’s a bit hard to convince Rosemary to discuss the reasons behind her significant gift to Trinity College of Nursing and Health Sciences.

Rosemary changes her mind when she considers that her story might encourage someone else to give, too.

“I want to tell all Trinity donors: Thank you for giving to people you don’t even know. You have no idea how your kindness ripples out or who it touches.”

– PAULA STEFFENS

Into the future

Now 19 and preparing to begin his sophomore year in computer information technology at the University of Dubuque, Alex has replaced the sports that he once loved with activities he has learned to love, including golf and fishing. He also is active in his church youth group, ringing the Salvation Army bell, raking yards and traveling around the country on mission trips.

Paula says he’s building a good life for himself as well as the world around him.

“When somebody does something for you, it changes your life,” she says. “My whole family advocates for others. We are much more aware of people’s needs, much more compassionate and understanding.

“I want to tell all Trinity donors, Thank you for giving to people you don’t even know. You have no idea how your kindness ripples out or who it touches. Thank you from Alex and me and our family.”

Wanting to give back

“I want to tell all Trinity donors: Thank you for giving to people you don’t even know. You have no idea how your kindness ripples out or who it touches.”

– PAULA STEFFENS
Why did you go to Lutheran School for Nurses instead of somewhere in Wisconsin?

Well, it was an excellent school. And they would take me. (Laughs) I was only 17 when I graduated high school and wanted to start nursing school right away. Wisconsin said I was too young.

I always wanted to be a nurse. It started when I was 10 years old with an appendectomy. The nurses were so good to me. They all signed my autograph book!

I enjoyed my years at Lutheran. They had high standards and they educated us well.

Did you pay for your education?

My parents paid for it. They were selfless. I thought, Mother and Dad gave me the opportunity to go to school.

Did nursing live up to your expectations?

I enjoyed my years at Lutheran. They had high standards and they educated us well.

In a way, you’re doing what your parents did: giving the children you loved an opportunity to go to college.

(Rosemary pauses) I’m grateful to be able to do it.

Is philanthropy a way of giving back for you?

I’ve been so blessed. I had a wonderful husband. I’ve traveled the world. I have wonderful friends. Yes, I want to give back.

I know there’s a lot of people out there who need help. Remember, you can’t help everyone, but you can help some.

Planning your legacy with an estate gift

Have you ever wondered what your legacy will be? How your passions and caring will live on? An estate gift may be the perfect way to name – and fund – the future.

You can make an estate gift in many ways, including designating a specific dollar amount or percentage in your will. The other ways include creating a charitable gift annuity or making a gift of life insurance, retirement assets, real estate, trusts and other options.

Charitable gift annuities

A gift annuity gives you the security of knowing you will receive fixed payments for life. When you fund a charitable gift annuity, Trinity receives your gift and agrees to pay you a fixed payment each year for as long as you live. You cannot outlive a gift annuity’s dependable payments.

Reliable payments are only the beginning. You will receive an income-tax deduction this year for part of the funding amount. There are also capital gains benefits if you fund your gift annuity by transferring an appreciated asset, such as stock. Finally, after a lifetime of payments to you, the remaining funds will support our community hospital, your neighbors and loved ones.

A doctor’s check-up … for your will!

Almost everyone is familiar with the need for an annual physical check-up. Time takes its toll on some other very important parts of our lives as well. And though it does not receive nearly the attention of an annual visit to the doctor, our wills should be reviewed on a regular basis as well.

HERE ARE SOME QUESTIONS TO CONSIDER:

1. Have there been family changes? Births, deaths, marriages and divorces can impact the appropriateness of a will.
2. Have you moved to another state? If you move from one state to another, the move may invalidate your will. Check for different requirements on witnesses, property holdings, etc.
3. Have there been changes in property or income? Do you still own the property gifted to your beneficiaries? Do you possess the funds to satisfy your personal or charitable bequests?
4. Have there been changes in tax law? It is not uncommon for a major review of wills and trusts to be necessary following the passage of tax legislation. Is your will tax-current?
5. Have you had a change of heart? Let’s face it. Things change. Does your relationship with a person or organization require a change in the way you would like your assets distributed?

For more information on how to create or modify your will, call Marsha Jones at (309) 764-7610.
More than just a name change

Iowa Health System (IHS) is now UnityPoint Health, a new name that reflects the way its hospitals, physicians and home care entities are transforming health care delivery through patient-centered coordinated care. This overall system name also includes the former Iowa Health Physicians & Clinics (now UnityPoint Clinic) and Iowa Health Home Care (now UnityPoint at Home and UnityPoint Hospice). UnityPoint Health encompasses eight major geographic regions in Iowa and Illinois, including the Quad-Cities/Muscatine.

Locally, UnityPoint Health – Trinity consists of Trinity Regional Health System’s four hospitals (Trinity Bettendorf, Trinity Muscatine, Trinity Rock Island and Trinity Moline) as well as Trinity College of Nursing & Health Sciences, the Robert Young Center for Community Mental Health, Trinity Health Enterprises and the Trinity Health Foundation.

“The way we deliver health care is fundamentally changing,” said Rick Seidler, president and CEO of Trinity. “And as a result, a name was needed that reflects our new way of providing care by putting the patient at the center of everything we do. Our team of doctors, specialists and home care providers are united in purpose to achieve best outcomes for our patients. Now, the system’s brand name better expresses that.”

There will be no change in management, structure or staff involved in the brand change.

“We still have the autonomy to make decisions locally. We still have the same medical experts to care for patients,” Seidler said. “The difference is that the unified focus on coordinating care between all entities only strengthens our commitment to improve the health of the people and communities we serve.”

For more information, visit www.unitypoint.org.

Trinity Rock Island among 100 Great Hospitals

Trinity Rock Island has been named to Becker’s Hospital Review’s annual list, “100 Great Hospitals in America.” Becker’s analyzed data from reputable sources including U.S. News & World Report, Truven Health Analytics’ 100 Top Hospitals, HealthGrades, Magnet Recognition by the American Nurses Credentialing Center, the Studer Group and the Baldrige Performance Excellence Program to establish the 2013 list. Hospital nominations were also evaluated by the editorial team.

Trinity recognized in top 20 percent nationwide for quality, efficiency

Trinity Regional Health System has been recognized in the top 20 percent of health systems nationwide in the most recent Truven Health Analytics’ “100 Top Hospitals: 15 Top Health Systems survey.” The annual survey published in the health industry publication “Modern Healthcare” identifies what are considered to be the country’s 15 health systems setting the highest benchmarks on clinical quality, efficiency and patient satisfaction. Trinity was recognized in the Small Health System category.

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600 Stylin’ attendees help raise $40,000

Tireless volunteer wins 2013 Roxanne Kramer Award

Barb Lynch was presented the 2013 Roxanne Kramer Award at the Stylin’ Against Breast Cancer luncheon and style show fundraiser held Thursday, April 25, at the Quad-Cities Waterfront Convention Center, Bettendorf.

Sponsored by Advanced Imaging Center, Advanced Radiology, Metro MRI and KWQC-TV6, the annual event raised $40,000 toward Quad-City breast cancer education and awareness projects.

Barb joined the QC Breast Cancer Support Group after her own mastectomy in 2003, and the group was never the same.

Because of Barb’s enthusiasm, resourcefulness and perseverance, QC survivors’ journeys have been less lonely, less frightening and more filled with laughter.

We are grateful for Barb’s tireless – and joyful – service.

KWQC- TV 6’s Paula Sands (left) with Barb Lynch and Roxanne Kramer